1 What is claimed is:

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- 3 1. An apparatus for providing supportive sitting at
- 4 levels near or slightly above the ground or other seating
- 5 level, wherein said apparatus comprises:
- first and second integrally formed seating elements,
- 7 said first seating element comprising a first seating
- 8 surface, said second seating element comprising a second
- 9 seating surface positioned above, around and at an angle
- 10 relative to said first seating surface, and
- at least one support structure for supporting said
- 12 first and second seating elements above said seating level,
- wherein said second seating element comprises a
- 14 generally ring-like structure including outer and inner
- 15 circumferential edges, wherein said second seating surface
- is angled downward from said outer edge to said inner edge,
- wherein said second seating surface adjoins said first
- 18 seating surface along left and right linear joining
- 19 segments intersecting the left side of the forward edge of
- 20 said first seating surface, and the right side of said
- 21 first seating surface.

- 1 2. The apparatus of claim 1, wherein said support
- 2 structures are shaped to provide distributed support of
- 3 said first seating surface.

- 5 3. The apparatus of claim 2, wherein at least one of said
- 6 support structures intersects a back edge of said first
- 7 seating surface and further connects said first seating
- 8 surface to said second seating surface.

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- 10 4. The apparatus of claim 2, wherein said at least one
- 11 support structure supports said first seating element above
- 12 said seating level at a distance in the range of
- 13 approximately 1 to 4 inches.

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- 15 5. The apparatus of claim 1, wherein said left and right
- 16 linear joining segments lie on lines which intersect near
- 17 the center of said first seating surface.

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- 19 6. The apparatus of claim 1, wherein said at least one
- 20 support structure is adjustable.

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- 1 7. The apparatus of claim 1, wherein said first seating
- 2 surface lies approximately in a first plane and said second
- 3 seating surface slopes downward toward the center of said
- 4 chair, such that said inner circumferential edge lies
- 5 approximately in a second plane and said outer
- 6 circumferential edge lies approximately in a third plane,
- 7 wherein:
- said second and first planes intersect along a line
- 9 parallel to a plane of a forward sloped portion of said
- 10 first seating element;
- said third and first planes intersect along a line
- 12 parallel to said plane of said forward sloped portion of
- 13 said first seating element;
- said line of intersection of said third and first
- 15 planes is forward of said line of intersection of said
- 16 second and first planes; and
- an angle formed between said first and second planes
- is smaller than an angle formed between said first and
- 19 third planes.

- 21 8. The apparatus of claim 7, wherein said outer
- 22 circumferential edge and a front edge of said first seating
- 23 element approximately comprise contiguous segments of a
- 24 complete circle.

The apparatus of claim 1, wherein said apparatus is 2 foldable into a planar sheet. 3 4 A chair comprising: 5 a first seating platform approximately parallel to a 6 seating level, said first seating platform comprising a 7 forward edge, a back edge, a left side and a right side; 8 a second seating platform surrounding said first 9 seating platform, said secondary seating platform 10 comprising an outer circumferential edge and an inner 11 circumferential edge, said inner circumferential edge 12 comprising an approximately elliptical section, and said 13 14 second seating platform angled down and forward with respect to said first seating platform, wherein said second 15 seating platform adjoins said first seating platform along 16 left and right linear joining segments intersecting the 17 left side of said forward edge and the right side of said 18 forward edge, respectively; 19 a third seating platform adjoining said first seating 20 platform along said forward edge, said third seating 21 platform having a left side, a right side, a back edge, and 22 a front edge, said back edge of said third seating platform 23

24 adjoining said forward edge, and said third seating

- 1 platform angled down and forward of said first seating
- platform; and
- a support structure serving to elevate said first
- 4 seating platform above the ground.

- 6 11. The chair of claim 10, wherein said support structure
- 7 supports said primary seating surface at a sufficient
- 8 height to allow a user's heels to tuck under the left and
- 9 right sides of said secondary seating surface when a user
- 10 sits in seiza position, and said left and right sides of
- 11 said primary seating surface are cut to allow the heels of
- 12 a user seated in a seiza position to fit under said
- 13 secondary seating surface.

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- 15 12. The chair of claim 10, wherein said support structure
- 16 comprises at least three legs, said legs configured to
- 17 provide distributed support of said first seating platform.

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- 19 13. The chair of claim 12, wherein at least one of said
- 20 legs intersects the back edge of said first seating
- 21 platform, and wherein said leg further connects said first
- 22 seating platform rigidly to said second seating platform.

1	14. The chair of claim 12, wherein said legs support said
2	first seating platform above said seating level at a
3	distance in the range of approximately 1 to 4 inches.
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5	15. The chair of claim 10, wherein said left and right
6	linear joining segments lie on lines which intersect near
7	the center of said first seating platform.
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9	16. The chair of claim 10, wherein said support structure
10	comprises adjustable legs.
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- 1 17. The chair of claim 10, wherein said first seating
- 2 platform lies approximately in a first plane and said
- 3 second seating platform slopes downward toward the center
- 4 of said chair, such that said inner circumferential edge
- 5 lies approximately in a second plane and said outer
- 6 circumferential edge lies approximately in a third plane,
- 7 wherein:
- said second and first planes intersect along a line
- 9 parallel to a plane of said forward edge of said first
- 10 seating platform;
- said third and first planes intersect along a line
- 12 parallel to said plane of said forward edge of said first
- 13 seating platform;
- said line of intersection of said third and first
- 15 planes is forward of said line of intersection of said
- 16 second and first planes; and
- an angle formed between said first and second planes
- is smaller than an angle formed between said first and
- 19 third planes.
- 20
- 21 18. The chair of claim 10, wherein said outer
- 22 circumferential edge and said front edge of said third
- 23 seating platform approximately comprise contiguous segments
- of a complete circle.

2 19. The chair of claim 10, wherein said second seating

platform is configured to serve as a carrying element.

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5 20. The chair of claim 10, wherein said chair is foldable

6 into a planar sheet.